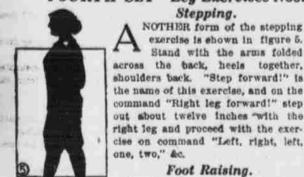
Evening World Daily Magazine

U. S. Army Exercises And First Aid Lessons By PAULINE FURLONG

Published by The Evening World to Help Men and Women Prepare for Any Call to Service.

> 1917, by The Press Publishing Co. (The New York Reveing World. FOURTH SET-Leg Exercises Nos. 5 and 6.



Stand with the arms folded across the back, heels together, shoulders back. "Step forward!" is the name of this exercise, and on the command "Right leg forward!" step out about twelve inches with the right leg and proceed with the exercise on command "Left, right, left,

Stand as shown in figure 6 and on command "Foot raise to knee!" bring right heel to front of knee. Continue on commands "Right, down, left, down, one, two," &c.

The really serious student of first aid should learn to

locate the parts of the skeleton which are the most apt

to be fractured and trace out the course of the main

arteries in order to apply pressure on them, in cases of

bleeding, when needed. These should be studied on

another person to obtain really satisfactory and in-

telligent knowledge, because this is most essential when

serious accidents occur. This much in itself is a most

interesting study, especially when explained in simple,

understandable terms, which I shall endeavor to do for

"FIRST AID"-Lesson No. 2.

ERIOUS consequences result many times from the most trivial injuries, and when a physician is called in time these may be prevented, whereas neglect to do so often puts the patient beyond the help of



my readers, during this series, because first aid is the all-important study the present time. Every injured person should be moved at once to a comfortable posttion, and, unless there is some good reason for doing otherwise, he should be placed on his back with the head low. The clothing must then be loosened—tight collars, belts, corsets, shoes and other things which might interfere with the blood circulation and breathing. If the face of the injured person looks flushed a small pillow should be placed behind the

head, or a folded coat or blanket will answer as well. When the face appears pale keep the head low, as stated before. Remember that anything-stimulants or medicines-given an unconsclous person may go into the wind pipe or lungs and cause suffocation and choking, because the unconscious person cannot swallow. Also the

very slightly injured may be propped up to sitting position, but any seriously injured must remain in a reclining one.

Vomiting by the injured person denotes different conditions, about which I shall write later in this case, and he should be placed on his side

Answers to Health and Beauty Questions.

TO GROW TALLER—MARTIN H.:

All exercises will belp you to grow taller until you are twenty-four years old. Stretchins is especially beneficial for this.

die-aged woman can have the rosy complexion of a young girl, if she but lives and breathes properly. All exercises which are not fatiguing should be practiced by women fifty years old.

BLEACHED HAIR-MRS. K. F .: Nething will restore bleached or dyed N: I know many women who do this hair and nature will have to take its regularly and never complain of any hair and hair at bad effects from it. course. You can bleach the hair at the roots, as it grows in, and make it the same color as the ends of the hair, but I would advise you to let it alone and treat the roots and scalp with olive oil massage, as the peroxide dries the hair and makes i brittle and causes it to fall out. If you decide to bleach the roots, roll each strand up and pin it to the top of the head to keep the peroxide from running down to the ends and mak-ing them lighter.

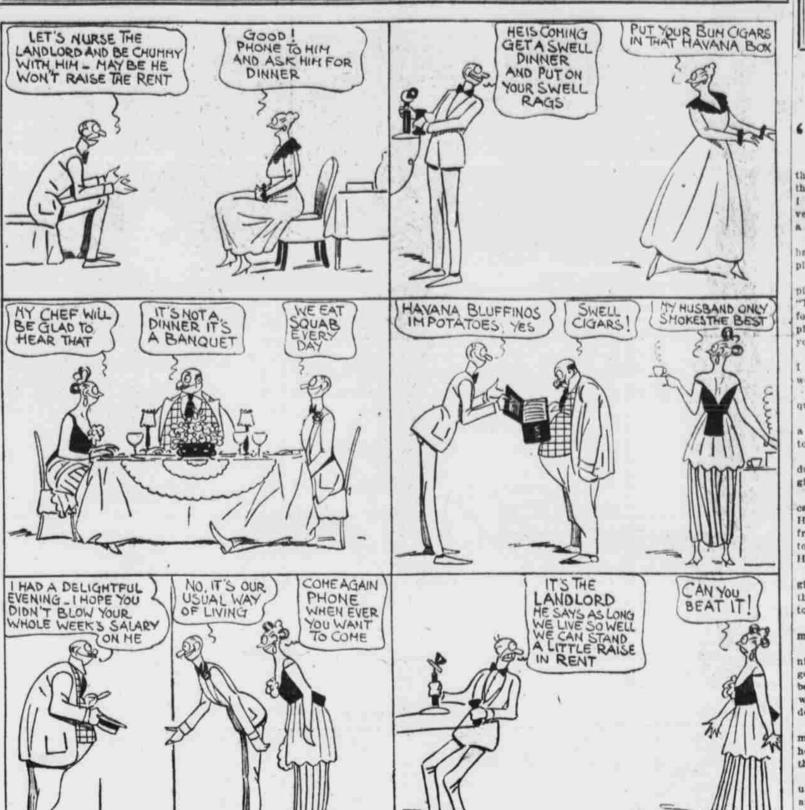
AGE AND WEIGHT-MRS. K. G. weigh one hundred and thirty and are five feet four inches tall, you are about the proper weight. Age cer-tainly makes a big difference in the weight and two or three pounds

of a somewhat excitable nature, suit in Dellii, Suit your own movements to your "You knock-kneed, big-footed idlots, noceros to drill you, you wretched

Then, sheathing his sword indig-nantly, he added: "Now, Lieutenart, you take charge of them!"-Tit-Bits.

Can You Beat It!

By Maurice Ketten



"Ma" Sunday's Intimate Talks With Young Girls

The Woman Who Didn't Like to Cook By "Ma" Sunday

Wife of Billy Sunday, the Famous Evangelist.

CAN'T hold my husband," the young woman burst out. "He is not home three evenings a week! I am sure that he loves me, and I am positive that no one has come between us, but I don't know .what to do! I can't very well meet him at the door with a rolling pin, you know!"

I glanced at her white, dainty bands, and her pink and white com-

"Why don't you use the rolling pin for something else?" I asked. "There isn't anything more effective for holding a husband than a rolling pin-if you know how to use it! Can you cook?"

"Of course, but I don't like to! And I detest doing dishes afterward! If we could only afford a servant!" "You have answered your own question!" I told her.

I have seen a great many husbands who have been three years without a square meal, and it wasn't because they didn't bring home enough money to run the house on, either.

The eyes of all wait upon the Lord and He gives them their meat in due season. But when a lazy woman spoils the meat that the Lord has given, I do not see how she can expect Him to be pleased with her.

There is as much chance for religion over a cook stove as over a catchecism, maybe more. Christ ordered His disciples, after the feast that He gave to the five thousand hungry people, that they should gather up the fragments that remained. The Son of God Himself was willing to attend to the fact that there should be no waste, and He was willing to exercise His Divine power to feed the hungry.

How many women there are who are too idle to exercise their human gifts properly to feed a hungry husband or son! And how many more there are who will throw good food into the garbage pail because they artoo lazy to pick up the fragments which remain!

It seems to me that it is as important for a woman to cook well for a man as it is to pray well for him.

Satan came to tempt Jesus after He had fasted forty days and forty nights. The Bible says that the devil came to Him when He was an-hungered. Hunger is a good prelude to temptation. Many a man has stolen because he was hungry, many a man has committed murder because he was hungry, and every day men are stealing from their souls and mur dering their souls because their bodies are hungry.

When the devil wants to make a drunkard of a man, he starts in by making him eat less. It is when a man has been given a poor dinner that he goes to the saloon. It is when a woman tries to live by eating candy that she finds it handy to have a bottle hidden in the cupboard.

Many women have come to me and told me that their husbands were unreasonable, but I have found the women just as unreasonable. They are quite ready to say they love their husbands, but they want to escapthe labor of doing anything to show it. It is all very well to have faith, all very well to tell a husband that he is loved, but he ought to be convinced of that faith by works. The Apostle James says that Faith, if it hath no

works is dead, being alone. Let the Faith of a woman's love be shown in the works over her cook stove, and our homes will be happier and God will be better pleased.

KING OF THE KHYBER RIFLES

HOW ONE MAN SAVED INDIA FOR BRITAIN-THE WAR'S MOST

SYNOPSIS OF PRECEDING CHAPTERS,

SHAVING ARM PITS-MILDRED

a level voice. He was watching the

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

FASCINATING ROMANCE

"Arrested 'em alli" he grinned.

"Seen anything of her? I recog-

with a good lock, in which to put them, and could almost hear him say the were the least improbable order in That evening Ismail carried the least indicated the least state of the part o "Good news?" asked Saunders.

doors flew open one after another in quick succession. "Come out!" he growled. "Come out!"-Come out!" although King had not ordered that.

By Talbot Mundy

"Where are the prisoners?"

"In the old Mir Khan Palace. We men out of tombs, blinked at the improvise. The horse-stalls there in the careful packing of soda water interday."

"Not by train, she didn't! It's my business to know that!"

"King did not answer; nor did he ook surprised. He was watching great grim vulture about to eat the developments. It did not seem to thing to do with Prussians and the men out of tombs, blinked at the improvise. The horse-stalls there bracelet—and saluted.

"More are the prisoners?"

"The horse-stalls there bracelet—and saluted.

"May God be with thee!" growled his shirt and lay back in sweet contentment.

"They algored thing to do with Prussians and the men out of tombs, blinked at the indicate the careful packing of soda water bracelet—and saluted.

"Mybere are the prisoners, emerging like dead Khyber Pass; and Ismail attended to men out of tombs, blinked at the indicate the careful packing of soda water bracelet—and saluted.

"May God be with thee!" growled his shirt and lay back in sweet contentment.

"They also dead Khyber Pass; and Ismail attended to men out of tombs, blinked at the indicate the careful packing of soda water bracelet—and saluted.

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"May God be with thee!" growled his shirt and lay back in sweet contentment.

"The day after to-morrow I'il see

in a second he had sweated his excitement down.

"Read that, will you?" he said, passing it to Rewa Gunga. It was not in
cipher, but in plain every-day Engliab:

"She has not gure North," it ras on the beliable for isolated in the beliable for isolated in the beliable for isolated in the control of the companies of the telegram was such in the control of the companies of the telegram was such in the control of the companies of the telegram was such in the control of the companies of the telegram was such in the control of the companies of the telegram was such in the control of the companies of the compan

THE SPY & By James Fenimore Cooper A Story of New York in the Revolution Will Begin on This Proje July 2

How to Utilize Cold Veal

"The day after to-morrow I'll see over mines it and season to lamail, grinning with vellow tests Rewn Gunga, followed by a servant, horse, they drove back through the front end of the train. The Rangar waved to him and he waved hack.

"I'd know her in a million!" yowed Saunders. "I can take outh sho palace near the river, and Saunders. "I was a long journey and a slow white promised himself. And lamail, grinning with yellow teeth that a British officer in khaid unitation that a British

Service for the control of the property of of t

the market place finding fault with the Athenian Government.

This thought occurred to me at a school treat, where I asked a bright little girl:
"'How did Socrates die?"

"'He dist' the little girl replied.'
from a done of wedlock.'"—Washington Stag.